Rituals for Tantra

For Him: Ritual Oil
Volume 1, Level 1

Rituals and Invocations for Self-induced Erotic Pleasure

by Savanah Glass
"There is no beginning, there is no ending, only the Goddess and the God, intertwined, on a journey of the heart."
Tantra, based in part on the Eastern path of personal development, is part of an ancient spiritual philosophy. It includes worshipping the union of the male and female principles, and the divine energies created when these principles meet. They exist not only between us, but they also exist within us.

The Rituals for Tantra community promotes a sex-positive, pan-sexual, non-judgmental environment for learning and sharing Tantric sex rituals. The practices contained within the Rituals for Tantra series are intended to be performed with respect for each person as an individual, and should only be performed if all members of a ritual are comfortable with proceeding.

Tantra is a path of personal development. The first step is learning to know your body. You may already be familiar with every curve, wrinkle, or stretch mark on your body, or you may have yet to free yourself from the limitations of your ego. As a Tantric practitioner, you will explore your sexual potential and unlock the energies within you. Whether you believe in God, Buddha, or Mother Gaia, this body of yours was created especially for you. Your body is your own gateway to utilizing the energies of the universe.

As a Level 5 Tantric practitioner for over 15 years, it’s my role to guide fellow practitioners on their journey of Tantric exploration. The core purpose of Tantra is to experience healing, connection, and increased health and happiness through the practice of sacred sexuality. I am excited to have you join us on our Tantric journey.
ALTARS

The altar is one of the Tantric practitioner’s most important tools. It is a place upon which to focus your energy and intentions and invoke the divine feminine or the divine masculine energies. Merely placing items important to you upon an altar empowers them with sacred energy.

The first altar recorded in the Hebrew Bible was an altar erected by Noah. In the Japanese Shinto faith, altars are known as shrines. Altars occupy a prominent place in many modern day houses of worship and are used as a sacred tool in their worship practices.

Almost everyone creates altars, whether or not they realize it. An altar can be as simple as a gathering of photographs of loved ones upon the family piano or in your office cubicle, or they can be as elaborate as a collection of statues, incense, and sacred objects from the far corners of the globe placed upon an ornately carved wooden table.

Altars can also be created on a small table, beside a rushing stream, or even with the pictures on your computer. You can combine your altar with a ritual and chanting or invocation to honor your body, cleanse your soul, and free your spirit. It is a place for your divine and sacred objects. You may place ornate cloth, candles, incense, flowers, pictures of yourself or loved ones, drawings, invocations, stones, or any other item that has a special meaning to you and/or your partner. After placing items on your altar, you can meditate, worship, pray, and even celebrate the treasures you have offered to the sanctity of the altar.

Each altar is as unique as you are. We are all individual reflections of the universal presence of the divine feminine and masculine energies of the universe. Honor that connection with your own altar.
TANTRIC RITUAL INVOCATIONS

A ritual is a special or sacred ceremony involving a focused mind, meditation, and an invocation. In religion, a ritual is intended to unite the individual with the divine. In Tantra, a ritual produces a specific state of consciousness which allows one to connect with and to move energy towards desired goals. The practice of the ritual encourages a heightening of the senses, an expanded awareness of the spiritual world, and a linking with nature and with the forces behind all conceptions of divinity.

Tantric practice teaches that nature includes a broad spectrum of mental and spiritual states known by very few people. Tantric sex rituals enable us to slip into such states, allowing communion with the divine energy of the universe. This altered state of awareness allows us to perform effective and successful rituals. Tantric rituals open a door in our unconscious mind, allowing us to use our sexual energy to connect with more energy from nature and to realize our desires.

An invocation is a spoken chant. Other religious practices use them in the form of prayers or spells. An invocation helps the Tantric practitioner to focus energy on a specific goal or desire. Words of power are used to control and direct the driving impulse in the invisible energy behind things that are both seen and unseen. When a Tantric practitioner performs a ritual, they focus on and believe in the invocation. Various aids (herbs, candles, stones, etc.) may be used with the invocation during the ritual.

The combination of the invocation and the ritual is very powerful. Used together, your mind acts as the catalyst with the universe to make your desires come true. You are the driving force behind the invocation and rituals, and it is your passion and belief in what you seek that directs you along the path to achieve your desired result.
The yoni (pronounced “yo-knee”) is from the Hindu Sanskrit word for vagina. The literal translation of yoni is “sacred space.” The yoni represents the divine feminine, the sacred that dwells within each of us, from whom all life springs.

The lingam is from the Sanskrit word for penis. The literal translation is “wand of light” or “wand of the God.” It represents the divine masculine, and points the way out of darkness and confusion to a world of enlightenment.

The yoni lingam, usually shown joined together, represents the blending of the divine feminine and the masculine.

In this book, to respect the divine nature of our genitals, we will refer to the vagina as a yoni and the penis as a lingam.
Yet within each man dwells both the power of the masculine and the feminine. Ours is a polarizing culture, seeking to make men pure machismo and women merely sexual objects. The Tantric male utilizes his masculinity to seek balance with the divine feminine.

With these rituals to guide you, and your lingam as your tool, you will practice Tantric rituals as a path to unite your masculine and feminine energies.

Prepare to begin your journey....
For many men, the penis is their source of satisfaction. To a Tantric practitioner, the human penis, or lingam, is much more than merely the male reproductive organ. With its “seed” of generative powers, the penis has long been worshipped as a symbol of male fertility, divinity, and creativity. In Tantra sex rituals, your lingam will allow you to connect with the energies of the sacred feminine.

Penis worship was found in ancient Greece and Rome, where phallic jewelry was worn as a talisman.

In ancient Scandinavia, the penis was a symbol of fertility and love.

Tantra views the lingam as symbolically containing the soul seed in which the essence of the entire cosmos is contained. The Tantric practitioner seeks to release this spiritual essence into the material world.

The artwork found in many ancient cultures that worshipped the penis often portrayed a figure as having a constant erection or a larger-than-life penis, symbolizing that the person depicted was a God.

In India, the “lingam,” as it is referred to in Hinduism, is still used as a symbol of the Hindu God Shiva, and is considered to be a representation of Shiva’s phallus in its spiritual form.
The journey of a Tantric practitioner’s sexual experience is one of going from a state of passivity, to a state of arousal, to climaxing in excitement, and then to returning again to a state of passivity, but with a deeper sense of peace and connection brought about by the ritual. Orgasm is the pinnacle of that experience. The role of the Sacred Oil is to aid you on your journey.

The olive tree has long been considered sacred. Moses exempted the men committed to its care and cultivation from military service – the power of the masculine was better put to worship than warfare. In Scriptural and classical writings, olive oil is mentioned as a symbol of goodness and purity, and the tree represented peace and happiness. The oil was widely consumed in the diet and was burnt in the sacred lamps of temples, while the victor in the Olympic games was crowned with its leaves. The tree is evergreen, and, like the male, always preparing to produce its offering. Its flowers are creamy white in color, like the color of semen, the color of purity. Its fruit, the olive, is oval, like the testicles, and filled with a sacred oil, the tree’s own sacred semen. The wood is beautifully veined, like the veins that wrap around a man’s lingam, filling it with life. The wood is often used in the creative process of woodworking, and in ancient times figures of Gods were carved from it.

**Ritual Tools:**

- Altar.
- Mirror.
- Candles.
- Olive oil.
- Jar for the oil.

**Invocation:**

“I call upon the universe to energize this oil, born of a tree from the depths of soil, a sacred tool, allowing my divinity to uncoil.”
Ritual:

Fill your jar with the oil. It is recommended that you use a jar made of glass, ceramic, or pottery, but not plastic (plastic does not retain Tantric energy as well as the other materials). For this Level 1 ritual, it is recommended that you use organically-grown extra virgin olive oil, as the purest oil holds the purest Tantric energy.

Seat yourself either on the floor or in a chair, naked, in front of a mirror placed so you can see your lingam and the oil as well.

Speak the invocation one time.
Pour some of the oil on your hand and use it coat your lingam. Bring yourself to full erection by gently stroking yourself. Watch your penis fill and grow in the mirror – it is the source of your connection to divine energies, see it swell in eagerness to assist you.

When you are fully erect, repeat the invocation a second time while stroking yourself and staring at the jar of oil.
Touch yourself until you climax. Take your semen, your divine elixir, and rub it over your lingam, repeating the invocation a third and final time while focusing on the jar of oil.

Your oil has now been imbued with Tantric sexual energy. Store it someplace special, such as on an altar dedicated to Tantric exploration. Use it in the performance of your Level 1 Tantric rituals.
ALTAR FOR THE DIVINE MASCULINE

What does it mean to be Tantric male practitioner? A Tantric male is introspective, contemplative, aware of his place in the world, and aware of the energies of nature about him. He lives in balance with the divine masculine and divine feminine forces within him. This altar is designed to allow you to focus and reflect upon the divine masculine energies that dwell within you.

Ritual Tools:

- Altar.

- Personal items that remind you of your role as a Pagan male, a reflection of the divine masculine.

Invocation:

“To these symbols, my resolve I bind.
Guide me, and lead me,
And help me to find,
With strength of spirit and wisdom of mind,
The peace I seek,
Strong, while gentle and kind.”
Ritual:
Set up your altar in a place of your choosing. Each altar is as unique as each man. Think about each item that you collect -- how does it reflect your Tantric masculinity? How does it inspire you on your journey? Place the items that resonate with you upon your altar and repeat the invocation three times. Meditate on your items for a while. Feel how comforting these spiritual objects are for you. These items represent your armor as a spiritual warrior: they warm you, protect you, give you strength and protection on your spiritual journey. They carry you forward to your victory of peace, and connection with the divine feminine Tantric energy.
An Invitation

I would like to invite you to continue your Tantric journey with me. Come and explore the Rituals for Tantra community, guidebooks, rituals, and discussion forums on our website RitualsForTantra.com. It’s my intention to continue to expand the range and quality of tools and resources available to aid fellow Tantric explorers on their journeys of self-discovery, and I welcome any suggestions or feedback you may have. If you would like to share your thoughts and ideas, you can do so on the website or by emailing me directly at RitualsForTantra@gmail.com.

Thank you for sharing in the sacred sexuality experience that Tantra provides. I look forward to continuing our journey together.

Blessings,
Savanah Glass